

## Adults...

Did you know that everyday activities such as riding in a car, bicycling, hanging out at the pool or crossing the street result in serious injuries to thousands of kids every year?

The good news is that most of these injuries can be prevented. Even with constant supervision, there is no way to protect children from everything. But working hard to teach them how to make the right decisions and to have safe habits will prevent needless tragedies. With your help and this safety fair planning kit, kids can learn how to become leaders in safety.

This safety fair kit is a creative tool that enables groups of children to teach others about safety. It can be implemented by elementary to middle school age children. The kit can also be used by service clubs and scout troops to earn merits. We have provided topical facts and tip sheets on a few safety issues to guide the children in their research and planning of their safety booths. You may divide your group into teams to cover different safety issues for the fair. They will become knowledgeable about their assigned topic to develop the display for their safety booth and to plan hands-on activities for the fair. There are many free resources throughout the state for safety materials and this guide will assist them in locating and receiving these resources.

You are not limited to the topics covered in this kit. You may include others at your fair (i.e., poison prevention, firearm safety, sports safety, playground safety, first aid or expand to address other health areas). Thank you for leading this young group to a life of injury prevention awareness.

Sincerely,

**Center for Injury and Violence Prevention**



# Hi Kids!

Biking, blading, playing with your friends, walking to the store, or going to the movies as a passenger in a car. These everyday activities are a big part of your life. They're fun, too! But even when you're having the best time, someone can get hurt.

Sometimes getting hurt isn't a big deal, like when you scrape your knee. But some injuries could send you to the doctor, or even the hospital. And then you would miss out on spending time with your friends.

The good news is that most injuries, especially the bad ones, don't have to happen. You can help prevent them by learning and teaching others how to think and act safely.

This project will educate you about preventing injuries, and provide you with leadership skills that will last a lifetime. This project will help you teach safety habits to others so you, your friends, and community can enjoy having fun without getting hurt.

With the help of a leader you will plan and hold a safety fair. A safety fair is an event, almost like a party, where many people come to learn about staying safe and healthy. As an expert on your topic you will set up and staff a booth of safety information and lead an activity.

**Have a fun time planning your safety fair.**

*You could save a life!*



# Getting Started...

Gather your safety fair team early to start planning for a fun and successful fair. Here are some tips to help you get started.

**Plan early.** You should allow 2-6 months to organize your event. The first decision to make will be a date, time and location for your event. You may even take the fair to your audience. Fourth, fifth and middle school age children may want to host a safety fair for their peers and younger elementary age kids.

**Separate group into safety teams.** There is a lot of work to be done as a group but it may help to break up into teams to cover the different areas of safety. Here are some team suggestions:

- Bicycle & Skate Safety
- Passenger Safety
- Pedestrian Safety
- Fire Safety
- Water Safety

Assigning a separate topic to each team will allow the team to study a particular safety area and become experts on it. Teams can plan their exhibits for the health fair by designing posters, displays and activities. Learning where to contact experts for free brochures and fact sheets or creating the materials themselves are very good experiences. You are not limited to the topics listed above. You may address other safety areas at your fair (e.g. poison prevention, firearm safety, sports safety, playground safety, first aid).

**Research your topic.** Now that you have your safety team together, it's time to do research. You will need to be ready to answer any questions that others may ask you at the fair. The library or Internet is a great place to start. You have also been given handouts to help you get started and to learn more about your topic.

Doing research is a lot like being a detective. Use a variety of sources: books, brochures, encyclopedias, Internet, magazines, newspapers and TV. A librarian at your local or school library could also direct you to some very specific reference books to help you with a particular topic.

**Plan your safety display.** The purpose of having this fair is to teach people about safety. They will mingle around to every booth or room to look at what you have to offer. Your booth should offer brochures and a display. The display needs to be catchy and fun. It is how you get a person's interest. You want them to come to your station to learn the information. Displays can be colorful and catchy, but more importantly should be about your topic. You should include the facts and safety tips provided and drawings of safe behavior on your display.

**Plan your hands-on activity.** Activity-oriented safety fairs inspire more learning than a passive look-and-see safety fair. Ask community resources to come prepared to provide or assist with a hands-on teaching activity in your booth. These booths should provide something to do that will teach at least one important point about your subject.

**Community Safety Experts.** Educating the community takes team effort. Some outstanding local resources are: the police department, hospitals, the health department, SAFE KIDS, the Red Cross chapter and Fire and Life Safety Educators. There are many people in your community that teach safety as part of their job. Use the resources provided on your team handout. Contact them for free safety materials, to assist with activities or to set up a booth.

**Advertise Your Fair.** It is very important to get the word out about your event. Use the blank flyer that is provided to fill in your event details. Then make lots of copies to post around your community.



## Bike & Skate Safety Team

**Riding a bike is a fun activity for children and adults. However, as traffic increases, riding a bike can become more dangerous. Head injuries are the most serious cause of bike-related injuries or death.**

Approximately 200 children under age 14 in the United States are killed and 360,000 children are seriously injured in bike collisions annually. Most crashes occur because the child breaks a rule of the road. Learning basic safety rules can prevent most collisions and most injuries can be minimized with a bike helmet. And don't forget, in-line skates, scooters and skateboards can be dangerous, too.

### Key Messages for Your Displays and Posters

- Always wear a bicycle helmet every time you ride a bicycle, scooter or skates! Wear a skateboard helmet when skateboarding.
- When skating, wear full protective gear: helmet, elbow pads, knee pads and wrist guards.
- Wear a helmet that fits properly. Your helmet should fit comfortably and snugly. It should sit level on top of your head about two finger widths above your eyebrows. The helmet should not rock back and forth or from side to side and the helmet straps should always be buckled.
- Always wear a U.S. Consumer Product Safety Commission (CPSC) approved bicycle helmet. Look inside the helmet for the CPSC sticker.

- Learn the rules of the road and obey all traffic laws.
  - Ride on the right side of the road
  - Use the appropriate hand signals
  - Respect all traffic signals
  - Stop at all stop signs
  - Always look Left-Right-Left before entering a street

### Hands-on Activity Ideas:

- Decorate your display table by creating posters with the above bike and skate safety tips. You may want to display bike helmets for kids to touch and see what they look like.
- Show the "Ride Smart: It's Time to Start" video. This 9-minute video uses humor and rap music to teach elementary-age children, 5-12, about bike safety. To order the video, contact: The Center for Injury & Violence prevention by phone 1-800-732-8333. The video is free.
- Hold a bicycle skills course. Have each participant go through a safety course where they must use appropriate hand signals, etc. You can have bikes there for the kids to use or advertise that kids should bring their own bikes to the safety fair.



## Bike & Skate Safety Team

Have each participant ride through an (age-level appropriate) obstacle course, requiring them to wear helmets. Have door prizes and giveaways for the best, safest riders.

### Community Safety Experts:

**Virginia Department of Health,  
Center for Injury and  
Violence Prevention**

1-800-732-8333

[www.vahealth.org/civp](http://www.vahealth.org/civp)

*Free brochures, pamphlets, posters and videos. Staff is available to exhibit at your event.*

## VA Dept. of Transportation

1-800-367-ROAD,  
[http://viriniadot.org/infoservice/  
bk-orderinfo.asp](http://viriniadot.org/infoservice/bk-orderinfo.asp)

*Free bike brochures, stickers, reflectors.*

**Call a local bike or skate shop.**

*Invite them to your safety fair to demonstrate their safety gear and provide coupons to buy helmets. Ask them to donate helmets for door prizes.*

## Your ideas:



## Car Safety Team

**Child safety seats and safety belts keep kids from flying out of their seats during car crashes or sudden stops. But to protect you, they have to be used every time – and they have to fit the right way!**

Safety belts saved an estimated 164,753 lives since 1975 and child restraints have saved over 6,567 children during that same time period. Car crashes are the leading cause of injury related death of people ages 2-33. An average of 117 persons died each day in motor vehicle crashes in 2002, that's one every 12 minutes.

### Key Messages for Your Displays and Posters

- Children ages 12 and under should ride buckled up in the back seat in a child safety seat, booster seat or safety belt.
- Infants should ride in a rear-facing infant seat until they are at least one-year-old and weigh at least 20 pounds.
- Use a convertible or forward facing safety seat until the child outgrows it - up to about four years old and when the child weighs 40 pounds.
- All children who have outgrown child safety seats should be properly restrained in booster seats until they are at least eight years old, unless they are 4-feet 9-inches tall. Adult safety belts alone do not sufficiently protect children weighing less than 80 pounds from injury in a crash. Children can't ride comfortably and remain properly restrained until they are tall enough for their knees to

bend over the edge of the seat when their backs are resting firmly against the back seat. If the shoulder portion of the lap-shoulder belt comes across the neck, rather than the chest, they should be in a booster seat.

### Hands-On Activity Ideas

- Decorate your display table by creating posters with passenger safety messages included above.
- Invite a safety seat technician to demonstrate how to use a safety seat.
- Get a real child safety seat and have children take turns putting in stuffed toys, dolls. (Do not let children play in an unsecured seat because it is unstable and can tip over easily.)
- Post observers in the parking lot and check drivers and passengers as they enter and leave the safety fair. Reward safe drivers and passengers with a prize. Be sure to review pedestrian safety first, so observers position themselves outdoors safely. Publish results in school or community paper.
- Recruit a local business (fast food restaurants, movie theaters, etc. have been very responsive) to offer discount coupons to people who use seatbelts.



*Search for local SAFE KID representatives to exhibit at your event.*

## Your ideas:



# Pedestrian and School Bus Safety Team

**Almost half of all children who die in traffic crashes are killed while running, walking, or playing in the street.**

Children can't tell how fast a car is going or how far away it is. You should be able to recognize street and drive-ways, the sidewalk where you walk, the curb or edge where you stop, and the apron of a driveway where toys can roll into the street.

- Hold hands with an adult in parking lots.
- Never run out in the street for any reason.
- Play in safe places away from the street.
- Never play in the driveway.

The school bus is one of the safest forms of highway transportation. However, getting on and off the school bus is often the most dangerous portion of the school bus ride. It is important to remember pedestrian safety before and after the school bus ride. **AVOID THE DANGER ZONE!** The "danger zone" is the 10-foot area on all sides of the bus where children are in the most danger of not being seen. Children should be taught to always avoid walking in this area.

## Key Messages for Your Displays and Posters

- Learn and obey traffic signals and signs.
- Cross the street at corners using traffic signals and crosswalks.
- Never run out between parked cars or in the middle of the block.
- Always look LEFT, RIGHT and LEFT again before crossing the street and always watch for cars.
- Walk facing traffic and walk on the sidewalk, when possible.

**It is important that all children learn about safe school bus rules. Here are some helpful bus safety rules for children:**

- While waiting for the bus, take five giant steps back from the curb until the bus has stopped completely.
- Stay seated at all times.
- Always hold on to the bus handrails to prevent falling.
- Be careful that clothing, book bags, and key rings don't get caught in the handrails or doors.
- When getting off the bus, take five giant steps away from the bus, and stay on the sidewalk.
- If you drop something near the bus, tell the bus driver. Otherwise, the bus driver may not be able to see you.

## Hands-On Activity Ideas

- Decorate your display booth by creating posters with pedestrian safety messages included above.
- Invite a bus driver to come and



## Pedestrian and School Bus Safety Team

explain the importance of bus safety rules. (If children take turns sitting behind the driver's seat, they can see that just because they can see a bus doesn't mean the bus driver can see them.)

- Design mock streets and intersections in school hallways using yellow tape. As the children walk the hallways during school, they must obey the rules of the road. Some children could wear special t-shirts or armbands to portray themselves as vehicles or bicycles.
- Demonstrate how difficult it is for pedestrians and drivers to see during rain and/or fog. Cut sheets of wax paper and have children look through the paper to understand how hard it can be to see in those conditions.

## Community Safety Resources

**Virginia Department of  
Health, Center for Injury  
and Violence Prevention**

1-800-732-8333

*Free brochures, pamphlets, posters,  
videos and staff to exhibit at your event.*

## Local Police Officer

*Call on them to exhibit at your event.*

## School Bus Driver

*Educate about school bus safety rules.*

**National Highway Traffic  
Safety Administration**

[www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)

*Free brochures and videos.*

## Your ideas:



## Fire Safety Team

**Did you know?...There are more than 20,000 fires and an average of 115 fire deaths per year. The cost of fires in Virginia is more than \$117 million annually.**

Children under five years of age are more than twice as likely to die in a fire than adults. Most unintentional fire deaths in Virginia – nearly 90 percent – occur in the home. Your home should have smoke alarms on every floor and bedroom. Grownups should check the batteries every month and change the battery every 6 months. Here are some safety tips to prevent this scary event.

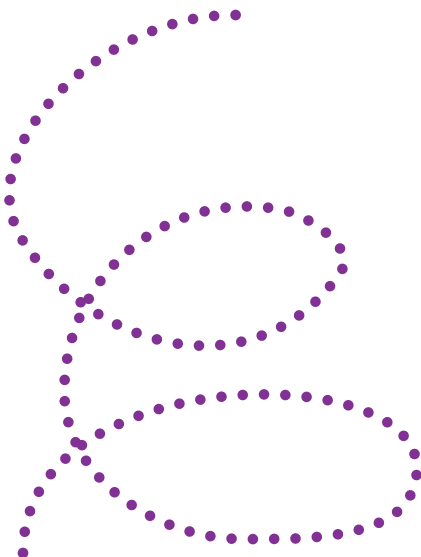
### Key Messages for Your Displays and Posters

- Matches and lighters are not toys and are very dangerous.
- Fire can hurt you and destroy things.
- Once a fire starts it is difficult to control.
- Matches and lighters should only be used by adults.
- Seeing smoke and fire is scary but it's important to get out alive and not hide in a closet or under a bed. You cannot hide from fire but you must escape immediately by following a few simple rules:
  - Prepare and practice a home fire escape plan with your family.
  - Plan two ways to get out of every room.
  - Practice fire drills at least twice a year with your family.

- In an apartment fire, learn which stairways will get you out of the building.
- Never take an elevator during a fire.
- Decide on a planned meeting area outside the home as part of your fire escape plan.
- NEVER go back into a burning building!
- Test smoke alarms every month and change the batteries every 6 months.

### Hands-On Activity Ideas:

- Create a display and posters using the tips above and have smoke alarms on display for children to learn what they look and sound like.
- Contact your local fire department to come provide a safety education lesson. Some fire stations have a fire and life safety house that simulates a house fire and allows children to practice escaping safely. They can also bring their fire truck for children to tour.
- Have kids illustrate their fire escape plan by drawing the floor plan of their house and two different ways they will escape and meet with the rest of the family.





## Fire Safety Team

## Community Safety Resources

**Virginia Department of Health, Center  
for Injury and Violence Prevention**  
1-800-732-8333, [www.vahealth.org/civp](http://www.vahealth.org/civp)  
*Free brochures, pamphlets, posters,  
videos and staff to exhibit at your event.*

**National Fire Protection Agency (NFPA)**

www.nfpa.org  
Fire safety educational materials  
and ideas.

## National SAFEKIDS Campaign

[www.safekids.org](http://www.safekids.org)  
Search for local SAFE KIDS representatives to exhibit at your event.

**United States Fire  
Administration (USFA)**

[www.usfa.fema.gov/kids](http://www.usfa.fema.gov/kids)  
Fun fire safety games.

## Local Fire Station

*Call on them to educate on fire safety and to bring their fire truck for children to climb on and explore. Some fire stations have a fire and life safety house that simulates a house fire and allows children to practice escaping safely.*

## Your ideas:



# Water Safety Team

**Children can drown in a matter of seconds. Drownings typically occur when a child is left unattended or during a time of no supervision.**

In 1999, 800 children ages 14 and under drowned. For every child that drowns, an additional four are hospitalized for near-drownings. Fifteen-percent of children admitted for near-drownings die in the hospital. Children should always swim with a grownup. Every child over the age of three should have swimming lessons. It is important for children to learn and practice water safety rules.

## Key Messages for Your Displays and Posters:

- Swim only if a lifeguard or a grownup gives you permission.
- Follow the posted rules.
- Check with the lifeguard to find out how deep the water is and never jump or dive unless the lifeguard or a grownup says it is okay to do so.
- Always swim with a buddy.
- Don't eat candy or chew gum when swimming.
- Never swim at night.
- Get out of the water right away if you hear thunder or see lightning.
- When on a boat or participating in a water sport, wear a life jacket.

## Hands-On Activity Ideas:

- Create your display and posters using the tips provided and display the different types of life jackets for kids to try on.
- Make puppets and hold a puppet show with the following scenario: Puppet wants to go in the water, but there aren't any adults around. What should he do? Puppet is playing in the backyard at a friend's house. Her friend has a pool. Puppet's friend's mother said no swimming until later, when she can watch. Puppet and her friend are hot. Puppet's friend suggests they sneak in the pool for just a few minutes to cool off. What should Puppet do?
- Have a dunking booth with the person being dunked wearing a life jacket.
- Have children decorate a t-shirt with fabric paint illustrating water safety. Have them paint a life jacket on their shirt so that it looks like they are wearing a life jacket.



## A Youth Led Project

## Water Safety Team

## Community Safety Resources

**Virginia Department of Health,  
Center for Injury and  
Violence Prevention**

1-800-732-8333, [www.vahealth.org/civp](http://www.vahealth.org/civp)  
Free brochures, pamphlets, posters,  
videos and staff to exhibit at your event.

**Virginia Water Safety Coalition**

[www.watersafety.org](http://www.watersafety.org)

*Free water safety tips.*

## National Safe Kids Campaign

[www.safekids.org](http://www.safekids.org)

*Search for local SAFE KIDS representative to exhibit at your event.*

## American Red Cross

[www.redcross.org](http://www.redcross.org)

*Call for an expert to exhibit at your event.*

## Local Lifeguard

*Can bring in life-saving supplies  
for display and talk about water safety.*

## Your ideas:

# Safety Resources

**There are many people that teach safety as part of their job.  
Use the resources provided to contact them for free safety materials,  
to assist with activities or to set up a booth.**

## **The Center for Injury and Violence Prevention**

[www.vahealth.org/civp](http://www.vahealth.org/civp)  
or 1-800-732-8333

*Provides an unlimited supply of safety brochures, posters and videos.*

## **Consumer Product Safety Commission**

[www.CPSC.gov](http://www.CPSC.gov) or 1-800-638-2772

*Has an extensive website and provides up to 50 copies of many brochures dealing with topics such as nursery, daycare, and toy safety (coloring books in English and Spanish).*

## **National Highway Traffic Safety Administration (NHTSA)**

[www.NHTSA.dot.gov](http://www.NHTSA.dot.gov) for an on-line ordering form

*Provides up to 50 free copies of brochures, posters, stickers and videos on transportation and bicycle safety issues.*

## **National SAFE KIDS Campaign**

[www.safekids.org](http://www.safekids.org)

*Offers facts and tips for preventing unintentional injuries to children.*

## **National Fire Protection Agency (NFPA)**

[www.nfpa.org](http://www.nfpa.org)

*Offers educational information for preventing fires.*

## **Federal Emergency Management Agency**

[www.fema.gov/kids](http://www.fema.gov/kids) or call

1-800-480-2520 (key option 4)

*Free publications on disaster preparedness and fire safety.*

## **United States Fire Administration**

[www.usfa.fema.gov/usfapubs/](http://www.usfa.fema.gov/usfapubs/) (/kids),

then select publications

or call 800-561-3356

*Up to 50 of many brochures including fire safety activity books and door knob hangers. Some overlap with FEMA site.*

## **North American Safe Boating Campaign**

PO BOX 1058, Delaware, OH 43015

phone: 740-666-3009

fax: 717-657-3837

*Boating safety as well as hypothermia flyer and rescue breathing cards.*

## **Virginia Department of Transportation**

<http://www.VirginiaDOT.org>

or call 1-800-835-1203

*Order helmet stickers and spoke reflectors.*

## **American Red Cross**

[www.redcross.org](http://www.redcross.org)

*Find a local chapter for emergency and first aid information.*

## **Window Covering Safety Council**

[www.windowssafety.org](http://www.windowssafety.org)

or call 1-800-506-4636

*Free tassels, cord stops and tie downs for mini-blinds and shades. Also brochure, "Parent's guide to window safety".*

## **Other Local Resources:**

- Police Departments
- Fire Departments
- Lifeguards
- Local bike shops
- Local gyms
- School Bus Driver
- School Resource Officer
- Local Health Department
- Hospitals





## Certificate of Achievement

**This certificate is presented to**

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**For Outstanding Achievement in Community Safety**

At \_\_\_\_\_

On \_\_\_\_\_

Leader \_\_\_\_\_

Date \_\_\_\_\_



# SAFETY FAIR

**Come learn about safety on the road,  
in the home and at play!**

When: \_\_\_\_\_

Where: \_\_\_\_\_

Sponsored by: \_\_\_\_\_

